



P.O.W.E.R. Program – Frequently Asked Questions

What will the structure of the program look like?

The P.O.W.E.R. Program is being developed as a structured social and recreational experience, with guided activities that support connection, engagement, and a sense of belonging.

As part of the pilot, the program will be offered as an eight-week session, with one session per week, each lasting about three hours. This format allows participants to build familiarity and connection over time, while also giving us the opportunity to learn and shape the experience as we go.

The Open House will be an important opportunity for us to share more information and hear directly from individuals and families, so the program continues to reflect their interests and what matters most to them.

Where does the program take place?

All sessions for the P.O.W.E.R. Program will take place within the Sollar Wellness Center at New England Village in Pembroke.

What does the registration process look like?

Following the Open House, we will share more information around our intake and registration process.

Our goal is to get to know each participant, their interests, preferences, and what will help support a positive and engaging experience, while gathering some basic information to get started.

What are the program fees?

The P.O.W.E.R. Program is offered as a private-pay, social and recreational opportunity, with participation based on the full eight-week session.

While families may choose to explore resources available to them individually, the program is designed as a standalone social recreational offering and is not funded through or affiliated with school-based or state service systems.

What kind of support is provided during the program?

The program is designed as a small group experience, with staff present to guide activities and support participation.

Our focus is on creating a welcoming and engaging environment where participants can connect with others, explore interests, and take part in shared experiences. Additional team member(s) may be available as needed to help ensure a positive and supportive group experience.

Who might this program be a good fit for?

The P.O.W.E.R. Program may be a good fit for young adults who are interested in:

- Building confidence, connection, and a sense of belonging
- Spending time with peers in a welcoming and socially focused environment
- Participating in guided group activities centered around shared interests
- Exploring recreational, wellness, and shared group-based experiences
- Engaging in a setting that offers structure, consistency, and supportive guidance
- Being part of a shared group experience where individuals can participate at their own pace in a supportive way

At this stage, we are generally describing the program as being designed for young adults (18+), with many initial participants expected to fall within the 19–24 range. As this is a pilot, we will continue to learn and refine as we go.

How will the program evolve over time?

Because this is a pilot, the P.O.W.E.R. Program is meant to grow and evolve along the way.

Participant experiences, feedback from families, and what we learn through each session will help shape how the program continues to develop. Our goal is to build something that feels meaningful, engaging, and truly centered around connection and belonging.

At its core...

The P.O.W.E.R. Program is about creating a space where young adults can come together, build relationships, explore interests, and feel a sense of belonging, within a welcoming and structured environment.